

APRIL 2011 FREDERICK SENIOR CENTER ACTIVITIES

<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>
4 9:30-Strength Training 11:00- M&M Exercise 12:30-Wheel of Fortune 1:00-Art Class 2:30-Book Club	5 10:00-Blood Pressure 11:00-Strength Training 12:15-Chair Yoga* 12:30-Mah Jongg 12:35-Bingo 1:30-Line Dancing*	6 9:00-Strength Training 11:00-M&M Exercise 12:30-Blotter BINGO 12:30-Bridge/Pinochle	7 9:00-Quilting 11:00-Strength Training 12:15-Chair Yoga* 12:30-Music by Pete Baugher 1:30-Knitting	1/8 9:30-Strength Training 12:30-Canasta 12:30-Zumba Gold
11 9:30-Strength Training 11:00-M&M Exercise 12:30-Wheel of Fortune 1:00-Art Class	12 11:00-Strength Training 12:15-Chair Yoga* 12:35-Bingo 12:30- Mah Jongg 1:30-Line Dancing*	13 9:00-Strength Training 11:00-M&M Exercise 12:30-Balance/Fall Prevention/Dr. Romano 12:30-Bridge/Pinochle	14 9:00-Quilting 11:00-Strength Training 12:15-Chair Yoga* 12:30-Music by Harold Staley 1:00-Bookmobile	15 9:30-Strength Training 12:30-Canasta 12:30-Zumba Gold*
18 9:30-Strength Training 11:00-M&M Exercise 12:30-Wheel of Fortune 1:00-Art Class	19 11:00-Strength Training 12:15-Chair Yoga* 12:35-Bingo 12:30-Mah Jongg 1:30-Line Dancing*	20 9:00-Strength Training 10:15-Computer Dis. Group 11:00-M&M Exercise 12:30-"A Time To Talk" / Edi 12:30-Bridge /Pinochle	21 <u>*HEALTH FAIR</u> <u>9:00-12:00</u> 9:00-Quilting 12:30-Bingo 1:30-Knitting	22 <p style="text-align: center;"><u>CLOSED</u></p>
25 9:30-Strength Training 11:00-M&M Exercise 12:30-Wheel of Fortune 1:00-Art Class	26 11:00-Strength Training 12:15-Chair Yoga* 12:35-Bingo 12:30-Mah Jongg 1:30-Line Dancing*	27 9:00-Strength Training 11:00-M&M Exercise 12:30-Health Benefits of Cheese/Kitty 12:30-Bridge/Pinochle	28 9:00-Quilting 11:00-Strength Training 12:15-Chair Yoga* 12:30-Health Info Overload /Steve 1:00-Bookmobile	29 9:30-Strength Training 12:30-Canasta 12:30- Zumba Gold

FREDERICK SENIOR CENTER-1440 TANEY AVE., FREDERICK, MD. 21702-301-600-1605
 LINDA MCGINNES-COORDINATOR 301-600-3525 WWW.FREDERICKCOUNTYMD.GOV/DOA
 MEAL RESERVATIONS-DEB AYERS-301-600-1048-48 HOURS IN ADVANCE
 HOURS-M-F-8:30-4:00

HEALTH FAIR-APRIL 21-9:00-12:00